



CASTLE CRAIG HOSPITAL



For the treatment of alcoholism and other addictions

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Castle Craig

A Journey of Recovery

Alcohol and drug problems cause untold illness and suffering for individuals and their families. Recovery is difficult and often impossible without skilled professional help.

Castle Craig is one of Europe's leading residential facilities for the treatment of alcohol and drug addiction. Our dedicated staff are committed to helping people address the many aspects of the illness of addiction, to embark on a treatment journey of life transforming change and discover new hope.

Since its founding in 1988, Castle Craig has offered help to thousands of patients from Scotland, other parts of Britain and from Europe. Located in the ancient Scottish county of Peeblesshire, in 50 acres of stunning private parkland, Castle Craig provides an environment of peace and tranquillity conducive to healing and recovery.

The seclusion of the location contributes to ensuring the highest level of confidentiality yet we are easily accessible to public transport networks and Edinburgh International Airport.



*"Soon after arriving I realised that many of the staff at Castle Craig had once been in treatment themselves and were using their own experience of recovery to guide others. This more than anything else gave me such hope."
Robert (former patient)*

Personalised Treatment

“Castle Craig Hospital strives to set and achieve high standards of care through adherence to quality assurance principles and practice. We value the opinions of those who use our services and believe that by working in partnership we can continuously improve our quality of care.”

Dr. Margaret Ann McCann, MB BCH, BAO, Medical Director

At the core of our treatment approach is the understanding that addiction is a chronic and relapsing illness which is progressive, destructive and often fatal. It is, however, a treatable illness. Recovery is achievable and our goal is to prepare people for a life of abstinence from drugs and alcohol.

Each patient’s needs are taken care of at Castle Craig. Research confirms that effective treatment must attend to the multiple needs of each person not just to the alcohol or drug use. An individualised treatment plan addressing these needs is created by a team of doctors, nurses and therapists. A consultant psychiatrist specialising in addictions supervises the medical and clinical care of patients.

Quality Assured

Castle Craig promotes the highest levels of quality by ensuring that its treatment is under constant specialist medical management. For many years Castle Craig has had the ISO 9001 quality assurance system in place. This covers all the medical, nursing and administrative procedures.

These procedures are regularly audited and updated. Castle Craig Hospital is registered with the Scottish Commission for the Regulation of Care, is a major contractor to the National Health Service, and is recognised by major medical insurers in the UK and abroad.



Admission & Detoxification

Detoxification is usually the first step in treating the symptoms of withdrawal from alcohol or drugs. At Castle Craig, careful assessment and protocols ensure safe and comfortable detoxification. Our doctors and nurses are trained and experienced in safely managing the symptoms of withdrawal. This initial period for patients can be daunting but these early stages of treatment are some of the most crucial on the path to recovery and every effort is made to strongly support the patient at this point.

When they first arrive at Castle Craig, patients will be greeted at admission by a member of the nursing staff. The resident medical officer will then carry out a full medical assessment and, along with the nurses and consultant psychiatrist, the individual detoxification requirements will be assessed and a care plan will be developed. New arrivals will also meet their own therapist who, under the direction of the consultant, will develop an individual treatment plan.

Family members, and significant others, are encouraged to participate in the treatment programme, starting at the pre-admission stage if possible.



“Addiction is a brain disease from which recovery is possible. Its not easy but it’s always possible. And many people recover... When patients come to Castle Craig, eight times out of ten they need detoxification. This involves history taking, examination and close monitoring by medical and nursing staff. This will be hourly to begin with, and then 6 times a days and maybe daily after a week.”

Dr. J Craig, MB, ChB, M Phil, FRC Psych,
Consultant Psychiatrist



Consultant Care

During assessment and admission Castle Craig's consultant psychiatrists will assess patients for any associated mental health issues. These include: anxiety states, depression, attention deficit disorder and post traumatic stress disorder. Screening and assessment is also directed towards identifying other addictive and compulsive behaviours including eating disorders, compulsive gambling or compulsive relationships.

Addiction and depression commonly occur together. Depression, for example, is three times more common among alcoholics than in the general population. While depressive symptoms may often be as a result of the addiction, some patients who are suffering from a separate depressive illness may not fully improve following detoxification and abstinence.

Our consultants will ensure that an Integrated Care Approach is adopted in such cases in order to achieve optimal recovery from both depression and addiction. Treatment and discharge care will also be undertaken in partnership with other key professionals, family and significant others.

Some of the most useful therapies that we offer for those with a mental health issue include:

- Trauma therapy group work;
- Eye movement desensitisation reprocessing (EMDR);
- Mindfulness group therapy;
- Tailored cognitive behavioural therapy programme for eating disorders.

“When a condition such as depression, anxiety, an eating disorder, or post traumatic stress disorder co-exists with an addiction these conditions – although distinct - will interact with one another, and can certainly contribute to the potential for relapse if left untreated.”

Dr. Florian Kaplick, PhD, Consultant Psychiatrist

Therapies at Castle Craig



Detox and management of physical ill health is only the first step in recovery but we know that it is never sufficient to simply stop drinking or using drugs. Following safe detoxification it is necessary to address the underlying causes of addiction, to assist individuals to manage craving and address the psychological and emotional changes that accompany long periods of alcohol or drug use. At Castle Craig, current evidence based therapies that we employ include Twelve Step Facilitation and Cognitive Behavioural Therapy.

Individual therapy

Each patient is assigned a focal therapist who will conduct regular individual psychotherapy sessions. These sessions enable the patient to explore the impact of addiction on themselves and their family and offer the opportunity for the therapist to regularly review and guide the patient through the treatment plan.

Group therapy

The community spirit at Castle Craig, with its positive peer influences, helps individuals to become aware of their feelings, share and compare their experiences, solve problems and deal with the process of change. Patients will notice these influences throughout their daily routine. Group Therapy sessions are held twice a day for some weeks in order to maximise these benefits. The groups usually involve around 10 people and are led by a therapist whose role is to facilitate and, where appropriate, to gently probe. Shared experiences and openness among the group members creates a renewed sense of empowerment, hope and self esteem formerly lost through alcohol and drug abuse.

Specialised group therapies include:

- | | |
|---------------------------------------|--------------------------------------|
| <i>Trauma group</i> | <i>Body image group therapy</i> |
| <i>Eating disorders group therapy</i> | <i>Cognitive behavioural therapy</i> |
| <i>Relapse prevention group</i> | <i>Coping skills therapy</i> |
| <i>Relationship therapy</i> | <i>Equine assisted therapy</i> |
| <i>Grief group therapy</i> | <i>Horticultural therapy</i> |
| <i>Cross-addiction therapy</i> | <i>Women's group therapy</i> |
| <i>EMDR therapy</i> | <i>Relaxation therapy</i> |
| <i>Jogging therapy</i> | <i>Drumming therapy</i> |





Psycho-Educational Therapy

Through a series of daily lectures and discussions delivered by staff, patients are helped to understand the disease of addiction and the challenges for change. Visiting speakers also provide inspirational talks on personal stories of recovery.

Denial is a core symptom of addiction. Often the full extent of the problems caused by addiction has not been appreciated by the addict. Our education series provides the fundamental knowledge and direction necessary to acquire a deep understanding of this illness. There are approximately 50 therapeutic lectures

in a six week phase of treatment with lectures covering a broad range of topics, including:

- The illness of addiction
- Relapse prevention
- Social skills adaptation
- The specific medical complications of addiction to alcohol and other drugs
- The Twelve Steps



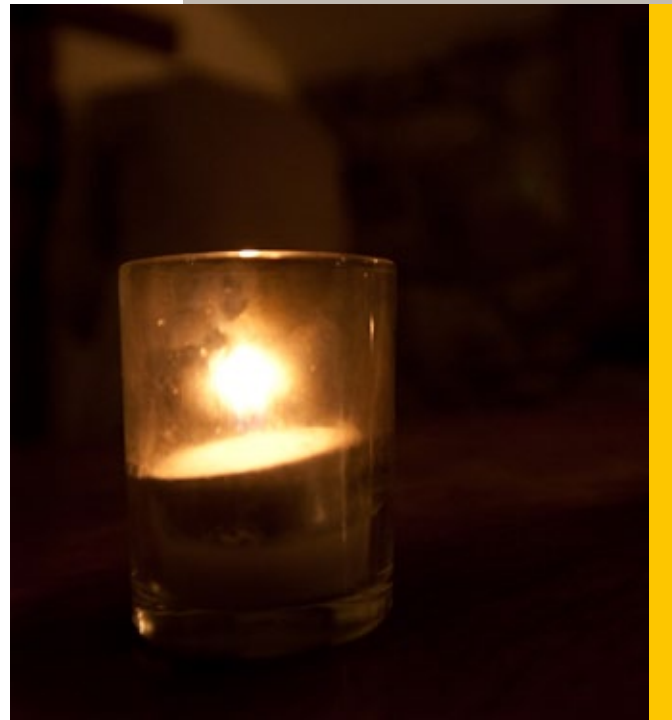
*"The Castle is an amazing place. Before I went there I was an alcoholic and an addict in despair. Without getting the fantastic care from all the staff I would still be a wreck. Castle Craig saved my life and for that I will be eternally grateful."
Davina (former patient).*

Holistic Treatment

Addiction is a disease which affects the person's physical, mental, social and spiritual well being. The holistic treatment approach at Castle Craig includes a focus on the growth of spirituality. This focus addresses an individual's renewed search for meaning and purpose in life which often arises as they embark on the journey of recovery. The term spirituality is very broad and not limited in any way.

The serene and uplifting beauty of the countryside and many of our therapies such as mindfulness therapy and drumming therapy facilitate this deepening awareness of mind and spirit.

Pastoral support is also available at Castle Craig. There is a small chapel and a quiet room where people can meditate and reflect. The philosophy of Alcoholics Anonymous is incorporated into the programme at Castle Craig and individuals are encouraged to use the 12-Step principles in their recovery. Twelve-Step meetings are held at Castle Craig and patients are also able to attend local meetings.



*"When things seem to be going wrong, I only have to think of you and what I learned in that miraculous place called Castle Craig. Thank you again and again, one day at a time, for this new life shown by you."
Yuvraj (former patient)*

Fitness Programme, Yoga, Diet

Our gym contains:

A Pineapple Bio-Oscillation machine

A state-of-the-art Power Plate

Treadmills

Exercise bikes

Rowing machines

Exercise balls

A variety of weights

Exercise is an integral and valued component of the treatment programme at Castle Craig. We believe that a 'healthy body helps to build a healthy mind'. Your focal therapist and fitness instructor will tailor and adjust this aspect of the programme to meet your assessed needs.

There is a well-equipped gym. Aerobics and yoga classes are also provided along with Thai massage sessions. Outdoor activities include jogging, hiking, football, volleyball and swimming. An accredited fitness trainer is always present during gym sessions.

With its three wholesome meals a day, the dietary regime at Castle Craig ensures that patients receive a balanced diet

with optimum minerals and vitamins. Healthy snacks and fruit are available throughout the day.

"Years of alcohol or drug abuse can leave the vital organs such as the brain and the liver in a damaged state. Yet our bodies have a remarkable ability to heal over time. The exercise facilities and healthy diet of Castle Craig's programme all assist in this process."

Dr. Michael G McCann MD, MA, DIH, MFOM, Director



Complementary Therapies



Castle Craig provides a number of holistic therapies which complement the main treatment programme. These complementary therapies have proved to be of great benefit and include “therapeutic art” as well as equine assisted therapy.

Our drum therapy uses rhythm to promote healing, well being and self-expression. Drumming has been shown to boost the immune system and to have calming effects for those recovering from addiction and those with a history of trauma and anxiety. Some participants have commented that they “have experienced a greater high from drumming than from cocaine”.

Acupuncture has assisted many of our patients who are undergoing detoxification, helping to reduce anxiety and to promote sleep.

Aromatherapy, with essential oils, assists the body’s natural ability to balance and regulate itself – something

we have found it to be helpful in treating those with chronic pain.

These complementary therapies can help balance the body and many creative therapies such as drumming promote community-building and self-expression. Our aim is for patients to leave us in optimum mental, physical and spiritual health without feeling the need for mood altering drugs.

Our range of complementary therapies is open to new needs and new research. An example of this is hyperbaric oxygenation therapy (HBOT), which involves breathing pure oxygen at higher than atmospheric pressures in an enclosed chamber. The increased flow of oxygen is stimulating and restores and revitalises damaged cells and organs, including the liver and brain. HBOT also greatly enhances sleep patterns.

“Thank you for all the help and guidance you’ve given me throughout my stay here. You’ve given me confidence and hope and the faith to go on.”
Marie, former patient



Family Therapy



The Castle Craig treatment model recognises the importance of helping family understand the disease of addiction and how it affects the dynamics of their relationships. Family members can play a key role in promoting recovery and their involvement during treatment can be crucial in ensuring a strong foundation for this.

Following admission the patient's focal therapist will contact family or significant others, with the patient's permission, to arrange for counselling sessions at a mutually convenient time. We recommend that the family member/s attend at least two such sessions with a therapist. During counselling we explore the specific impact of the addiction on the people involved and help

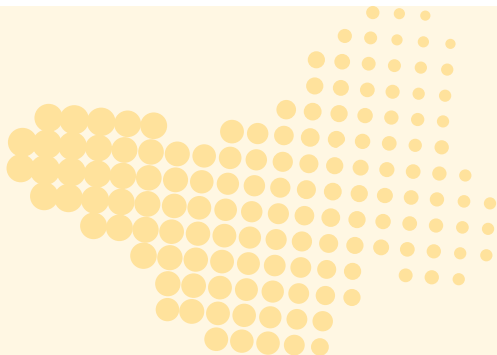
both patient and family member discover more adaptive strategies.

Every six weeks a 'residential family programme' is facilitated by our lead family therapist. This programme, which we have experience of running now for over 25 years, offers a particular opportunity for family members to focus on their own needs.

Sunday afternoons at Castle Craig also provide an opportunity for family members to visit and attend some of the self-help groups which take place on that day. Accommodation for families is available in the grounds at Castle Craig.

"There is considerable evidence that addiction within a family has disturbing effects on the personalities and behaviours of all family members and loved ones. At Castle Craig Hospital, the objectives of the family programme are to educate, guide and support family members and loved ones."

Lee Taylor, BA, Dip.Ed, PG Dip, Cert RT, Lead Family Therapist



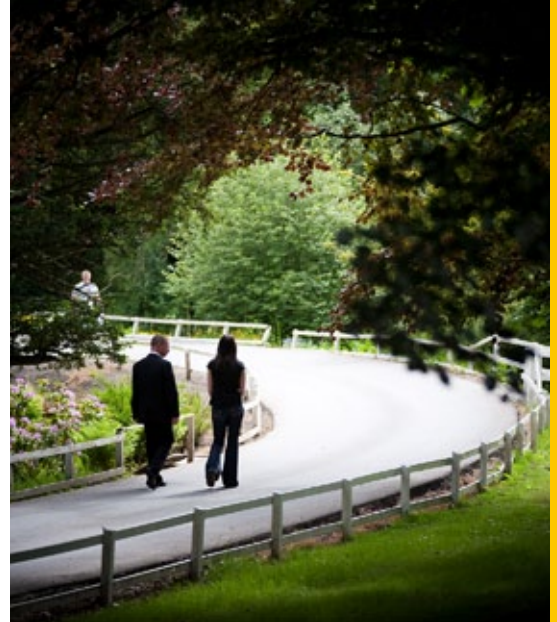
Continuing Care and Reunion

Discharge from treatment at Castle Craig only marks the beginning of a life long journey of recovery. Our continuing care programme assists graduates in applying the new knowledge they have gained.

An individualised aftercare plan is developed by the focal therapist in conjunction with the patient, other members of the team and, where appropriate, the family. Patients will also be referred back to their medical practitioner. Essential support networks include Alcoholics Anonymous (AA) and other 12 Step fellowships, and contacts within these fellowships will be arranged.

Aftercare counselling provides emotional support in early recovery through the building of supportive networks and relationships with others. This follow-up also helps the person to consolidate new life skills. We offer a two year aftercare programme of outpatient group therapy in a number of locations in Scotland and abroad.

Of great testament to the success of Castle Craig's treatment methods over the years is our annual reunion held each summer which attracts hundreds of our former patients who come to celebrate, commemorate and share their new way of life in recovery. Former patients can also join our alumni network - "The Friends of Castle Craig" which provides a closer link back to Castle Craig including access to renewal workshops.



"The first six to twelve months following a period of intensive treatment are critical. There is strong research evidence to indicate that continued involvement in aftercare maximises the chances of sustained recovery and ensures improved outcomes."

Dr. Margaret Ann McCann, MB BCH, BAO, Medical Director

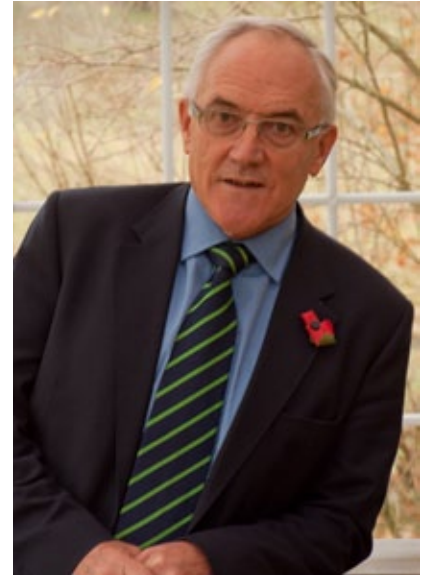


Castle Craig Hospital's team

Peter J McCann,
Chairman



Dr. Margaret Ann McCann,
Medical Director



Dr. Michael McCann MFOM,
Board Member



Dr. Jim Craig,
Consultant Psychiatrist

Dr. Florian Kaplick,
Consultant Psychiatrist



of experts

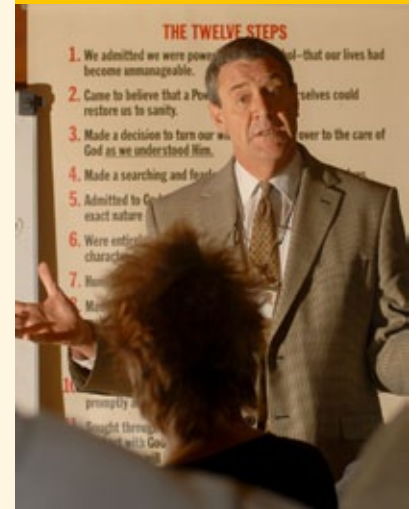


Roy Young, Head Nurse



Dr. Glynis Read Ph.D., Head of Training

Gordon Hogg, Head Therapist



Lee Taylor, Lead Family Therapist



Richard Scanlan, Senior Therapist



Aureol Gillan, Senior Therapist



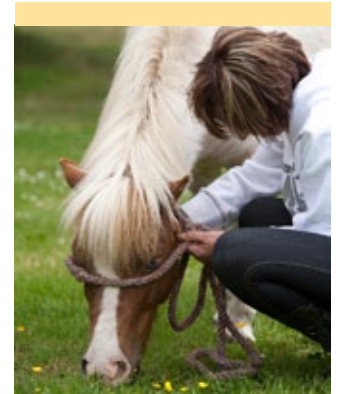
Tom Bruce, Senior Therapist



Ingrid Christie, Artist In Residence



Joanne Sutherland, Fitness Instructor





Castle Craig Hospital
West Linton, Peeblesshire
Scotland EH46 7DH
enquiries@castlecraig.co.uk
www.castlecraig.co.uk

